

WELCOME to the WALKING PILGRIMAGE 2008

EVESHAM to SALISBURY

On Saturday 16th August we will gather at Redhill for the coach at 10.00am (Depart 10.30am) or in Evesham for Registration between 3.30pm and 4.30pm. Coach Pilgrims will need to have a picnic lunch with them or they will be slightly hungry by the time they reach Evesham. Early arrivals please be sparing of the space you take for sleeping. There will be others still to arrive.

After Registration we will head for the Catholic Church of St. Mary and St Egwin for Vigil Mass, which will incorporate our Commissioning Service and Distribution Of the Crosses. The church is 3, High Street, Evesham, WR11 4E.I. Following our service we will return to the Hall, where we registered earlier, for dinner, before those sleeping in the second Hall transfer for the night.

This is our alternate year, so away from the Diocese. Though we have visited both Evesham and Salisbury before on Pilgrimage, I believe it is true to say that neither have figured in the role assigned to them this year: Evesham as starting point and Salisbury as our goal, I am sure that we will find the towns and countryside that we pass through offer much by way of history, scenic beauty, special interest and of course even a few hills. It wouldn't be a Pilgrimage without those great challenges!!

So far we have 56 pilgrims signed up, with most going the whole way. That number includes 10 new pilgrims. To whom a very warm welcome and assurance that you will feel as though you have been part of the Pilgrimage for ever within a remarkably short time of arrival. I am sure that you will all be very special pilgrims.

Since last we were together an amazing number of pilgrims have been filling in their time with a little walking. A group of St. Francis Ramblers, who double up as A&B Pilgrims, with Maurice in their midst, have been on the Camino - not all the way to Santiago; a few more stages to go, or so I understand. Two intrepid members of our band headed off to New Zealand for many weeks and though they managed some how to avoid meeting up with Howard(How could they possibly miss that highlight) doubtless there will be much to compare notes on in Evesham, as we are delighted that Howard and Neville are returning for Pilgrimage 2008.

The theme of this year's pilgrimage is the great prayer of the Magnificat, with different elements used each day. So here is your chance to decide in advance which aspect you want to reflect on at a Prayer Stop, so as to be ready to book the appropriate day when we meet.

So all that remains to say is that I look forward to meeting all the 2008 pilgrims in Evesham on 16th August.

Peter

*Encs. **Equipment list. Useful exercises verso;***

Route notes x 2 copies. Always have a copy with you when you walk - it is your lifeline when lost. The second copy is to leave with friends at home so they know how to contact you in an emergency. There is a website that takes emails: www.thepilgrims.org.uk. Much of the benefit of pilgrimage comes from taking part and sharing the challenge of the walking. If however a pilgrim has to accept that they are unable to walk a full day or part of it elect to use available public transport **before** you get into trouble and make your way to the next hall. If you have to take public transport tell the drinks car or Coordinator so that we know you are OK.

Route summary x 3 sheets show starting, finishing, prayer, lunch stop times and locations for friends or people we may meet on the way who want to join us for a while.

Newsletter; If you wish to contribute write to the Editor so it can go in the October newsletter.

Address list: The names & addresses of this year's pilgrims. May help to share travel arrangements.

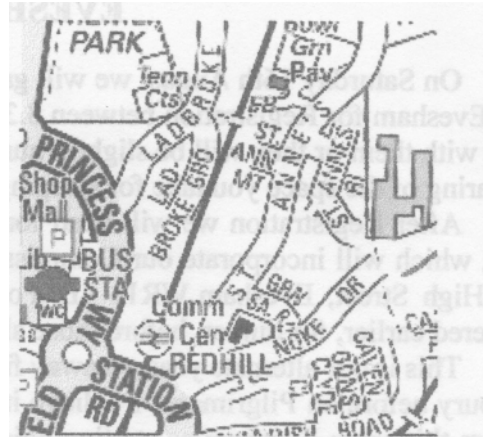
Pilgrim Code: Advice on health & safety, showing respect for the land we are walking on, etc.

leaflet explaining who we are for "**The Salisbury Pilgrimage**"

Pick up point in Redhill Check in at 10.00 Coach Departs 10.30

Pick up is at Colebrook. Day Centre just behind Redhill British Rail Station

From BR main exit take the left turn off the roundabout into **Station Road/Redstone Hill** go under the railway bridge then turn left at traffic lights into **Noke Drive** and almost immediately left into **St Anne's Drive** where you will see 2 large Red Post Boxes on left pavement: ENTRANCE to Colebrook car park is opposite. **BY Car:** only 2 minutes from BR station; **walking:** 5 minutes.

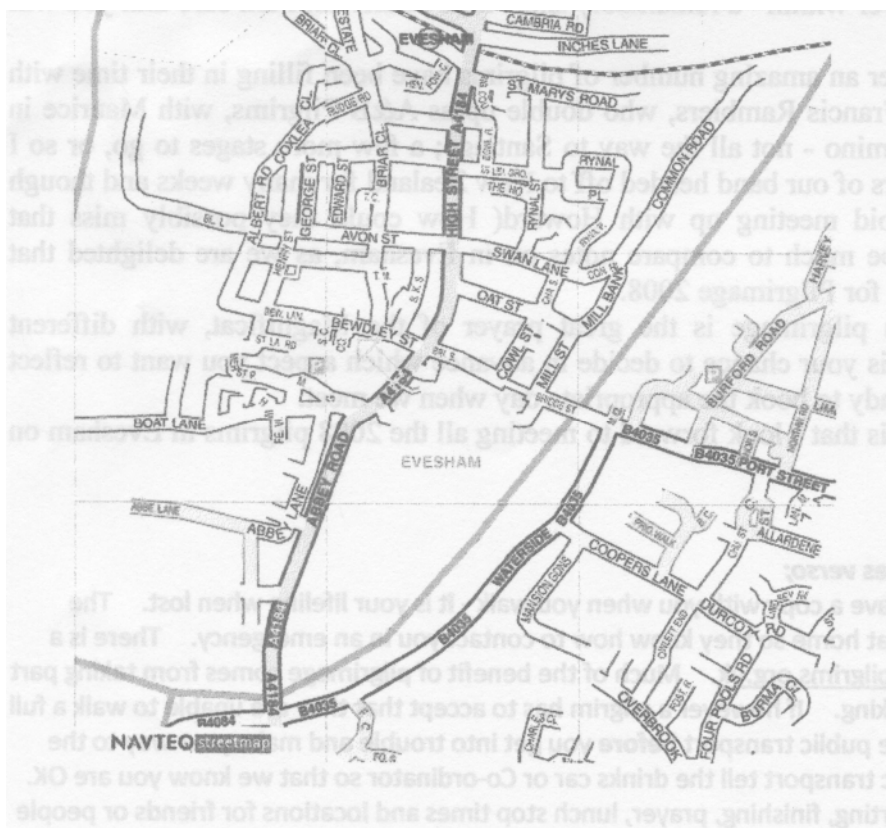


Evesham

Registration is 15:30 16.30 at Vale of Evesham Christian Centre Bewdley St, WR11 4AD: SP035438

Mass + Induction: 17:15 St Mary & St Egwin RC Church

SP037442



DIOCESE OF ARUNDEL & BRIGHTON ECUMENICAL WALKING PILGRIMAGE

RECOMMENDED EQUIPMENT LIST (and a few tips)

Given that there are 2 rest days during the course of the pilgrimage, which may provide the opportunity to visit a launderette, you only need to bring sufficient clothing to last for 4 or 5 days (but bear in mind that if there is a lot of rain, or it is very hot, you may wish to change into fresh clothing every day).

WALKING BOOTS & SOCKS "light-weight" boots made with Gore-tex or similar upper surfaces should suffice, but "full leather" boots offer better ankle support and perform better in very wet or muddy conditions. Take a spare pair of laces too. Occasionally, the conditions will allow trainers or trekking sandals to be gym. Whether you wear 2 pairs of "ordinary" socks, or walking socks (there is a huge range available these days) is a personal choice. Walking socks should be **14ashed** after every 3 to 4 full days of walking to retain their properties

LIGHT SHOES OR PLIMSOLLS (& SOCKS) For evening wear (and occasionally on the walk if advised by the leader for the day that the conditions are suitable). White-soled shoes are good as we often stay in school 1,avyrns, but these would need to be used indoors ONLY.

TROUSERS / SHORTS Jeans are unsuitable in rain; skirts **and** shorts don't protect legs from brambles, nettles *etc.* There are plenty of walking trousers now available that dry very quickly when they get wet. Include a pair of trousers for evening wear.

SHIRTS / BLOUSES I T-SHIRTS I UNDERWEAR Sufficient to reach the next launderette!

SLEEPNG BAG of the quilted type **plus** an inflatable airbed or sleeping mat. Please do not bring anything too bulky - airbeds should deflate completely and sleeping mats should roll up fully.

PYJAMAS OR NIGHTDRESS something suitable for community life!

WASHING GEAR & TOWEL shaving adapter (if you use an electric shaver).

EATING EQUIPMENT Two unbreakable plates including a deep one (or a plate and bowl), mug, knife, fork, spoon (and teaspoon), and tea towel.

LABELLED KIT BAG Pack everything (other than what you want to have in your backpack) in ONE piece of luggage. Holdalls are preferable to suitcases and less easily damaged. Frame rucksacks are very difficult to pack Your sleeping bag and mat can be additional to the one bag. These will be transported from hall to hall for you. ***Don't brink more than you can carry; aim*** to have no more that 15 kg (33 lbs to the over 50's).

BACKPACK Large enough for the essentials, but don't overburden yourself.

JUMPER or PULLOVER I KAGOULE / OVERTROUSERS These should be carried in your backpack in case of need. The Kagoule and overtrousers need to be both wind and water proof (have you re-proofed them, if you have had them for some time?), and should allow perspiration to "wick" away.

OTHER ITEMS FOR THE BACKPACK Sandwich box (or plastic bags), first aid kit (including a crepe bandage and safety pin in case of sprains, and a blister kit *), torch (and spare batteries), compass, sunglasses, sunhat, sunblock, gaiters (in case of very wet conditions), spare boot laces, mapcase, water bottle — **keep it full!**

MAPS A small-scale road map of the area is recommended. The Ordinance Survey maps cover the routes in more detail.. Your route notes tell you the relevant sheets and refer to co-ordinates on these maps so that you can tell exactly which points the pilgrimage passes through on each day — unless we have to deviate through unanticipated circumstances. Carry the relevant map for the day in your backpack.

OTHER USEFUL ITEMS handkerchiefs, a pillow, travel plug, swimming costume, spending money (for lunchtime and evening drinks, optional rest day activities, fares for buses and trains should you need to use public transport, and for your own needs), trekking pole(s), padlock for kit bag, carrier bags (to keep clean and dirty clothes separate or wear over muddy boots when temporarily indoors — two large rubber bands complete the trick). Personal medicine (remember to disclose this on your confidential health form).

MUSICAL INSTRUMENTS If you play a portable musical instrument and would like to bring it along to help with our liturgies and general jollification, you are welcome to bring this **at your own risk.**

You should be able to obtain a blister kit at a good chemist Apart from "own brand" products, brands to look out for are Coughlan, Compeed, and Spenco.

* Avoidance is better than cure: toughen up your feet with some preliminary walks.

See **overleaf** for some **sensible preparatory exercises.**

STRETCHING EXERCISES

Perform these slowly, moving towards the end of the range of motion till mild tension is felt in the muscle. Stop at this point and hold for 10 – 15 secs.



CALF



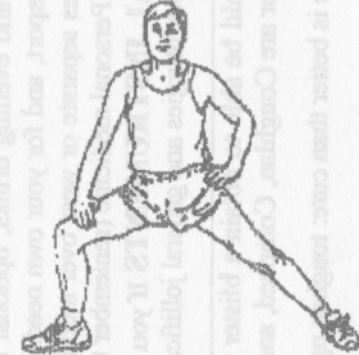
ACHILLES (SOLEUS)



QUADRICEPS



HAMSTRING



INNER THIGH (ADDUCTORS)



SEATED HAMSTRING



LATERAL



CHEST



UPPER BACK



TRICEPS



SHOULDER